Goa Vidyaprasarak Mandal's GOPAL GOVIND POY RAITURCAR COLLEGE OF COMMERCE AND ECONOMICS FARMAGUDI, PONDA – GOA B.COM. UGC-CCFUP (SEMESTER-I) REGULAR EXAMINATION NOVEMBER 2023 VAC-117 – LIFE SKILLS

Time: 1 hour	Marks: 40
 Q.1. Answer the following questions. a) Define Life Skills. b) List some interpersonal skills. c) Define self-esteem. d) Define Communication. 	(4X2)
Q.2 A. i) Define S.W.O.T analysis in personality development. OR	(3)
Q.2 A. ii) List and explain any four components of life skills.	(3)
Q.2 B) i) Define Verbal communication. Q.2 C) i) Define emotions.	(3) (2)
Q. 3 A. i) Discuss ways to maintain healthy relationships. OR	(3)
Q. 3 A. ii) Explain types of non-verbal cues.	(3)
Q. 3 B) i) Discuss the importance of self-awareness.Q. 3 C) i) Define negotiation.	(3) (2)
Q. 4 A. i) Discuss importance of Active-listening.	(3)
Q. 4 A. ii) Discuss the importance of empathy.	(3)
Q. 4 B) i) Summarize various practices one can adapt to nurture physical, emotional and mental wellbeing.Q. 4 C) i) Discuss the importance of community.	(3) (2)
Q.5 A. i) Share an example of a time when your problem-solving skills were put to the how you tackled the issue? OR	test, and (3)
Q.5 A. ii) Illustrate with examples on strategies to resist negative peer pressure on college campus.	(3)
Q.5 B) i) How do you interpret the concept of Self-care? Q.5 C) i) Illustrate on how to be assertive.	(3) (2)

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